Your Christmas calorie counter metroLIFE

REALLY EXCITED BY VACUUM CLEANERS?

and 32 other signs you've reached adulthood
metroLIFE

Vancouver metro

Your essential daily news | TUESDAY, DECEMBER 8, 2015 High 13°C/Low 8°C Rain

It's OK to say 'Merry Christmas'

EMMA TEITEL
metroVIEWS

BRIDE IN LIMBO

Farm wedding crackdown leaves couple without venue

metroNEWS

Serena Miller is looking for a new venue after B.C.'s Agricultural Land Commission shut hers down. TEREZA VERENCA/METRO

City considers more comp for tenants

HOUSING

Report advises extra funds go to those forced to move out

Emily Jackson
Metro | Vancouver

The City of Vancouver is pushing for extra cash for tenants who get the boot when landlords do major renovations or demolish their apartments.

To better protect the majority of Vancouverites who rent their homes, the city will recommend a more robust tenant protection and relocation policy when landlords apply for a rezoning or development permit, according to a report going before council on Wednesday.

While the report admits renovations are important for preserving and refreshing the rental stock — 81 per cent was built more than 35 years ago — staff argued it is extremely challenging for tenants to find new homes given the near-zero vacancy rate and skyrocketing housing prices.

As it stands, landlords getting rid of units must provide tenants with two months free rent. The city would increase that depending on tenure to up to six months free rent for tenants who have lived in a unit for more than 20 years.

313

Approximate number of units tenants are displaced from each year.

It would make landlords pay moving costs of $750 for one-bedrooms and smaller, and $1,000 for two-bedrooms or larger. Landlords must also provide tenants with three new comparable housing options and give them the right of first refusal at a discounted rate once their unit is renovated or rebuilt.

The policy would apply to renters across the city living in purpose-built rentals and social housing, not to those living in houses, basement suites or rented condos.

CHEVROLET

CONNECT &WIN

ONLY FROM **DEC 4TH – JAN 4TH**

WIN 1 OF 30 VEHICLES

VALUED UP TO $35,000

OR

FROM **$1,000** TO **$10,000** IN CASH CREDITS

TOWARDS THE PURCHASE OR LEASE ON ANY 2015 OR 2016 CHEVROLET *

COLORADO CREW CAB 2WD Z71 SHOWN

EVERYONE'S A WINNER!

2015 CRUZE LS 1SA

0% PURCHASE FINANCING FOR **84** MONTHS ^

+ **$2,000** TOTAL CASH CREDIT‡ (INCLUDES $1,000 CONNECT & WIN BONUS)

OR

RECEIVE A MINIMUM OF

$4,000 IN CASH CREDITS† (INCLUDES $1,000 CONNECT & WIN BONUS)

CRUZE LTZ SHOWN

TRAX LS SHOWN

2015 TRAX

0% PURCHASE FINANCING FOR **84** MONTHS ^

+ **$2,500** TOTAL CASH CREDIT‡ (INCLUDES $1,000 CONNECT & WIN BONUS)

OR

RECEIVE A MINIMUM OF

$4,000 IN CASH CREDITS† (INCLUDES $1,000 CONNECT & WIN BONUS)

2015 SILVERADO

0% FINANCING FOR **84** MONTHS ON SELECT MODELS^

OR

RECEIVE A MINIMUM OF

$11,000 CASH CREDIT ON SILVERADO 2500HD/3500HD†

(INCLUDES $1,000 CONNECT & WIN BONUS)

SILVERADO 2500HD HIGH COUNTRY SHOWN

CHEVROLET.CA / **FIND NEW ROADS™**

ALL 2015s COME WITH CHEVROLET COMPLETE CARE: **2** YEARS/40,000 KM COMPLIMENTARY OIL CHANGES** / **5** YEARS/160,000 KM ROADSIDE ASSISTANCE** / **5** YEARS/160,000 KM POWERTRAIN WARRANTY**

CHEVROLET

ON NOW AT YOUR BC CHEVROLET DEALERS. Chevrolet.ca 1-800-GM-DRIVE. Chevrolet is a brand of General Motors of Canada. Offers apply to the finance of a 2015 Cruze LS 1SA, Trax, Silverado 2500HD/3500HD WT 2WD with gas engines. License, insurance, registration, administration fees, dealer fees, PPSA and taxes not included. Dealers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. Offers apply to qualified retail customers in BC Chevrolet Dealer Marketing Association area only. Dealer trade may be required. * No purchase necessary. Open to Canadian residents with a valid driver's license who have reached the age of majority in their province of residence. Contest closes January 4, 2016. Credit Awards up to $10,000 include applicable taxes and must be applied to the purchase or lease of a new 2015 or 2016 MY Chevrolet vehicle delivered on or before January 4, 2016. 30 Vehicle Awards available to be won, each consisting of winner's choice of a vehicle with an MSRP of $35,000 CAD or less. The customer is responsible for any other taxes, license, insurance, registration, or other fees. Vehicle Awards are not transferable and no cash substitutes are permitted. Not all awards have the same odds of winning. For full rules and program details visit your GM dealer or gm.ca. Correct answer to mathematical skill-testing question required. See your GM dealer or gm.ca for full contest rules and program details. Vehicle shown 2015 Colorado Crew Cab 2WD Z71 model [$33,195 MSRP] CDN, including freight and a/c tax. ^ Offer available to qualified retail customers in Canada for vehicles delivered between December 4th, 2015 and January 4th, 2016. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on all new or demonstrator 2015 Spark, Sonic, Cruze LS 1SA, Malibu (except LS), Volt, Impala, Camaro, Trax, Equinox LS AWD, Traverse, Colorado 2WD, Silverado 1500 Double Cab 2WD WT / Crew Cab 2WD WT and Silverado HD's WT 2WD with gas engine. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $40,000 at 0% APR, the monthly payment is $476.19 for 84 months. Cost of borrowing is $0, total obligation is $40,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GM Canada may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ $2,000/$2,500 is a combined credit consisting of $1,000 Connect & Win Bonus (tax inclusive) and $1,000/$1,500 manufacturer to dealer finance cash (tax exclusive) for a 2015 Cruze/Trax which is available for finance offers only and cannot be combined with special lease rates and cash purchase. † $4,000/$4,000/$11,000 is a combined credit consisting of $1,000 Connect & Win Bonus (tax inclusive) and a $3,000/$3,000/$10,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Cruze/Trax/Silverado Heavy Duty Double Cab with gas engine (except WT 2WD), which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $3,000/$3,000/$10,000 credit which will result in higher effective interest rates. Discounts vary by model. ** The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased or leased a new eligible 2015 MY Chevrolet (excluding Spark EV), with an ACDelco® oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Company reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ^^ Whichever comes first. See dealer for details.

metro NEWS
Your essential daily news

Beijing issues first-ever red alert for smog, forecasting several days of severe air pollution. **World**

Siblings miss Christmas bash after accessible taxi no-shows

TRANSPORTATION

Woman says requested cab didn't arrive for brother

Emily Jackson
Metro | Vancouver

Kris Martell and his compassion dog Lily, shown this past summer when Martell was first able to get around in his wheelchair.
CONTRIBUTED

Holly Millar was looking forward to taking her younger brother Kris Martell to her office Christmas party at a classy downtown hotel, as he doesn't get many nights on the town now that multiple myeloma cancer confines him to a wheelchair.

Millar, who is Martell's primary caregiver, and her brother pored over the menu (roast beef and turkey), got dressed up (she scored a designer dress from the Bay's sale rack) and ordered a wheelchair-accessible taxi three hours in advance to ensure they'd arrive on time Friday night.

But when 5:30 p.m. rolled around, Yellow Cab mistakenly sent a sedan. The driver called for an accessible cab, but it didn't show. Millar called dispatch again at 6:10 p.m., then 6:50 p.m. Dispatch apologized, told her she did everything right, but that she couldn't get the right cab until 8 p.m. — long after dinner was cold.

With no way to get there in the pouring rain, the siblings missed the party and dined on leftover shepherd's pie — a disappointment Millar blames squarely on city council's refusal to expand taxi service or welcome Uber into the market.

"While it seems trivial, it's just a Christmas party, he'd been stuck in the house for so long before this new treatment started to take place… he was really looking forward to this," Millar said Monday. "If there were other market-driven options out there, we would have been enjoying a dinner on Friday night."

Millar believes if ride-sharing company Uber was allowed to operate, it would absorb some of the demand and free up wheelchair accessible cabs for those who need them. She believes the protectionism stems from political donations from the taxi industry. (It gave $83,500 to civic politicians in the 2014 election, nearly 17 times more than it did in 2011.)

"Let the free market dictate. I don't need Big Brother telling me what's good for me," she said. "Watching the disappointment in my brother's face, that really hurt."

Both the City of Vancouver and the province are adamant Uber cannot operate in B.C. until it gets approval from the provincial Passenger Transportation Board (PTB). Once a company gets approval from the PTB, it must also get a permit from the city prior to operation.

This fall, council rejected 38 part-time suburban taxi licences after the PTB refused to grant 58 full-time accessible taxi licences.

Coun. Geoff Meggs admits the city and the PTB are "in a bit of a Mexican standoff" over additional licences. But he denies any influence from the taxi industry and said the biggest problem is a lack of provincial leadership when it comes to Uber and regional taxi issues.

Council believes a regional solution is necessary, Meggs said, and is calling on B.C. Transportation Minister Todd Stone to create a comprehensive regional policy.

"There's a huge demand, and I'm as frustrated as anyone else," he said. He also touted council's support for 99 part-time local taxi licences during peak periods, new luxury sedan service Ripe Rides and expanding car share companies.

The PTB did not return a request for comment on Monday. The province emailed a canned statement that outlined the joint jurisdiction between the city and the PTB. The province also stated that Uber has not yet applied with the PTB and that safety is its number one priority.

Yellow Cabs is investigating Millar and Martell's endeavour.

PHARMACY TECHNICIAN DIPLOMA PROGRAM

Pharmacy Technicians are a critical part of the health care team. Working closely with Pharmacists, they ensure that the highest standards of quality and accuracy are met in the compounding and dispensing of drugs that are vital to the survival and well-being of their patients. This 41 week program prepares grads for positions in a community or hospital pharmacy. Regulated Pharmacy Technicians earn between $25 to $28 per hour working in hospitals in BC and between $20 to $27 per hour working in community pharmacies in BC. Fully accreditated by the Canadian Council for Accreditation of Pharmacy Programs (CCAAP).

You may be eligible for government student loans and funding.

STENBERG COLLEGE 604-580-2772 • www.stenbergcollege.com

Squad to 'rescue the rescuer'

FUNDRAISER

North Shore crew unites behind medic with cancer

Emily Jackson
Metro | Vancouver

As a volunteer medic on North Shore Rescue's helicopter squad, Jay Piggot has helped many who found themselves stranded in the mountains around Vancouver over the past five years.

Now his crew at the search and rescue organization is asking the community to return the favour and pitch in to a fundraiser to help "rescue the rescuer."

Piggot, 34, was recently diagnosed with a rare cancer near his liver and will be unable to work as a paramedic during his treatment, which could take up to a year, according to the online Fundrazr campaign.

Piggot was classified as a part-time employee at B.C. Ambulance Services so he is not eligible for benefits or sick leave, according to the campaign's website.

He and his wife Denise have two sons aged 6 and 9, and the eldest has an autism spectrum disorder.

"The loss of an income, no matter how temporary, will be devastating to this hardworking, caring family," the campaign states.

"We want to make sure that this is one stressor they don't need to worry about."

His colleagues who set up the fundraiser describe Piggot as a man who puts others first and who has saved many lives.

In just 40 hours (as of Monday at 1 p.m.), they raised $45,500 of their $60,000 goal.

Piggot was raised in North Vancouver and has also worked with the Coast Guard, Lions Bay Search and Rescue and as a park ranger for the District of North Vancouver.

North Shore Rescue volunteer search-and-rescue medic Jay Piggot(seen here with his family) has helped many. Now his crew is raising funds to help him. CONTRIBUTED

HELPING OUT

If you would like to learn more about Jay Piggot's campaign, or to donate, visit rescuetherescuer.ca

> **"The loss of an income... will be devastating to this hardworking, caring family.**
> Quote from the campaign

GET APPROVED NOW!
SIMPLE AND SECURE APPLICATIONS
Specializing in:
• New to the Country • No Credit •
• Good Credit • Bad Credit •
• Bankruptcies • Repossessions •
• Divorce • Judgements •

Robin
Call
778-929-1607

DRIVE AWAY TODAY!

WRONGFUL CONVICTION

Crown in Henry case blasted for 'breathtaking' actions

The 1983 sexual-assault trial that put a wrongfully convicted man behind bars for nearly three decades is the most egregious example in Canadian history of the Crown withholding evidence from an accused, a court has heard.

Lawyer Marilyn Sandford described as "breathtaking" the scope of the material kept from Ivan Henry, which included witness statements, warrants, medical reports, surveillance information and police notes.

"Mr. Henry knew at the time of his trial that something was very wrong," Sandford told B.C. Supreme Court on Monday.

"He knew that he was entitled to a fair trial, that the justice system promised him that.... But Mr. Henry could not have been more mistaken."

Henry is suing the province for compensation after he was acquitted by the B.C. Court of Appeal on 10 counts of sexual assault involving eight women.

The federal government and the City of Vancouver have settled with Henry for undisclosed amounts, leaving B.C. as the only remaining defendant.

Sandford said the trial would likely have gone very differently had the Crown released more than just 66 disclosure documents to Henry.

She told the court about multiple instances when Henry had reached out to the Crown requesting additional material, including statements from complainants, the arresting officers and police notes. He received no response, she said.

"There's a whole history here of an accused who's unrepresented, writing letters to the Crown — very sensible straightforward requests — and those letters simply going unanswered," said Sandford.

"It shows an attitude of non-disclosure being the norm for the trial prosecutors."

Sandford referred to an argument the Crown made earlier in this trial.

In that argument, the Crown said Henry's decision to represent himself meant disclosing more information would have made no difference in the outcome of the case.

THE CANADIAN PRESS

Ivan Henry leaves B.C. Supreme Court during a lunch break. The lawyer for Henry, wrongfully imprisoned for 27 years says her client's 1983 sexual-assault trial is Canada's most egregious example of the Crown withholding evidence.
THE CANADIAN PRESS/DARRYL DYCK

Crackdown stuns bride-to-be

AGRICULTURE

Order on farm weddings means no more venue

Tereza Verenca
For Metro

A Surrey bride-to-be says she's devastated after finding out her dream farm wedding may not happen.

Serena Miller got engaged last October and started planning her big day almost immediately. After months of searching for a venue, Miller and her fiancé stumbled upon CPM Farms in Abbotsford and booked it for May 14, 2016. But in September, Miller received an email from the farm, explaining how it was cancelling all its bookings due to a cease-and-desist order from the Agricultural Land Commission (ALC).

The ALC is now reviewing what farmers can and can't do on the Agricultural Land Reserve, B.C.'s provincially protected farmland. As it stands, non-farming business requires a permit, which can take up to two years to obtain.

We spend months, if not years, planning our weddings, and to rip our venues out from under our feet because they are on farmland is ridiculous.
Bride-to-be Serena Miller

Serena Miller in Gastown on Monday. Her farm wedding venue has been cancelled following an agri-tourism clampdown. TEREZA VERENCA/FOR METRO

NO PLAN B YET

"At first I didn't have much of a reaction. I was too shocked. But once it sinks in, it's like oh my god, that's it. I've got all this planning done and I've got nowhere to host this wedding," Miller told Metro, adding she has no Plan B and may have to consider a 2017 date.

Her frustration, she added, has also been fuelled by the ALC's recent decision to allow Kelowna's Bottega Farm to proceed with its 2016 bookings.

"It's not fair," Miller said, unsure of why the green light was given. "It's one location. Why does that one location get preferential treatment?"

Metro contacted Bottega Farm to ask about the ALC decision, but was told staff are not providing comment to the media.

Miller, meanwhile, is not looking forward to the extra costs should she have to rebook the venue for some 120 guests. The caterer, DJ and photographer have all been penciled in for May 14, with dresses and suits being the remaining item on the list. Invitations have also been printed and are ready to be mailed out.

"Five months is not really a long time, especially starting from Square 1," she said of the potential time crunch.

According to a statement from the Ministry of Agriculture, "agriculture needs to be the main activity, and that farmers can support their farming incomes through other activities like agri-tourism."

FAIRNESS

While Miller supports that argument, she said it's not fair to penalize farmers for the actions of the bad apples who are running it solely as a wedding business.

"That's two different sides of it, and if you're going to enact legislation like that, then you grandfather the farm and you would direct everybody individually after that. You don't just shut them all down while you're trying to decide what you're going to do," Miller added.

Calls to the ALC requesting an interview were not immediately returned.

Miller is holding out hope the commission will change its mind.

"We spend months, if not years, planning our weddings, and to rip our venues out from under our feet because they are on farmland is ridiculous," she said.

DID YOU KNOW ELECTRICIANS IN BC CAN EARN UP TO $39.32/HR*?
Train in our state-of-the-art labs from experienced industry professionals! Apply for the Construction Electrician Foundation program and you can earn your diploma in less than a year.
VANCOUVER CAREER COLLEGE ALSO OFFERS PROGRAMS IN:
• EARLY CHILDHOOD EDUCATION
• HEALTH CARE ASSISTANT
• PARALEGAL
• PLUMBER FOUNDATIONS
• PRACTICAL NURSING
• AND MORE!
ASK ABOUT OUR EVENING CLASSES!
1.800.993.4086
STUDY.VCCOLLEGE.CA
VANCOUVER CAREER COLLEGE
*jobbank.gc.ca
Financial assistance may be available to qualified applicants.

Chief admits Twitter gaffe

Victoria's police chief says he is "truly sorry and humiliated" for engaging in direct messages with a woman over Twitter.

Frank Elsner made the comments after the revelation that an internal probe was launched into his conduct.

Elsner said in a statement the investigation that concluded in late November found there was no inappropriate relationship between himself and the woman he was messaging.

"However, I should not have engaged in the direct messages in the first place and for that, I take complete responsibility," he said in a written statement.

"...I need to conduct myself with the highest standards of integrity. I take full responsibility for my actions and I am truly sorry and humiliated."

The chief declined to be interviewed.

However, the Victoria Times Colonist reported that Elsner said in an interview with the newspaper that the exchange was with the wife of one of his Victoria police officers. The woman is also a police officer, but works in a neighbouring department, he said.

> **I take full responsibility for my actions and am truly sorry.**
> Police Chief Frank Elsner

Elsner said it wasn't a friendship, but that it was "strictly work and the messages just took on a far more personal tone." He said he stopped it after the third exchange.

The Victoria and Esquimalt Police Board was notified of a concern against the chief in August, said spokeswoman and Esquimalt Mayor Barbara Desjardins. "It was about inappropriate use of social media and a potential relationship, so that's what the investigation was about," Desjardins said Monday.

She said an independent lawyer was hired to probe the complaint. The findings were presented to Desjardins and Victoria Mayor Lisa Helps.

"Once we'd made our discipline decision, then we fully apprised the board of all of the information," she said.

The civilian board met Friday and its eight members determined that they continue to have full confidence in the chief's leadership.

Desjardins said she could not release details about the allegations or the board's final decision on discipline for Elsner because it pertains to a personnel matter.

But she said it's important for the public to know the board acted on the complaint as quickly as possible.

"It was an internal investigation as opposed to a public trust matter," she said. "We feel we've done all that we can to ensure good process and good conclusion to the process." Desjardins said the investigation report has been forwarded to B.C.'s Office of the Police Complaint Commissioner.

Rollie Woods, the deputy police complaint commissioner, said they're waiting for further information from the Victoria investigator. Commissioner Stan Lowe will then review the report to determine if there will be further investigation.

Woods said the commissioner will report to the public after his review.

THE CANADIAN PRESS

MLA and former mayor Sam Sullivan heads the Global Civic Policy Society — Transcribimus is its project. TEREZA VERENCA/FOR METRO

19th-century notes now on the Internet

CITY COUNCIL

Volunteers decode council minutes from the 1800s

Tereza Verenca
For Metro

Learning what city council was up to during the late 1800s is now easier than ever, thanks to Vancouver-False Creek MLA Sam Sullivan and a handful of volunteers.

They have transcribed more than 1,800 pages of council minutes and posted them to the web.

The project — called Transcribimus (meaning "we transcribe") — was started in 2012 by the former Vancouver mayor, who wanted to know more about the city's second mayor, David Oppenheimer.

"To me, he was the most important person in the history of Vancouver," Sullivan said of his predecessor's accomplishments, including the opening of Stanley Park, establishing the streetcar system and setting up a water connection from the Capilano River. Sullivan began looking into the Vancouver Archives, only to find the microfiche copy was barely readable.

> **You're literally watching the city being built.**
> UBC library student Chris Stephenson

"They were fading, in a very difficult-to-read handwriting, and pages were falling out. I thought, well, we really need to have this online for researchers and the general public."

Over the last three years, six volunteers have transcribed the city council minutes from 1886 to 1890. Chris Stephenson, who joined the team this summer as part of a credit requirement for his UBC library studies degree, used the word "magical" to describe the experience so far.

"You're literally watching the city being built plank by plank, sidewalk by sidewalk, and you're hearing the drama of the city sorting itself out. There are characters that show up; it's like a narrative," the grad student said.

Stephenson admitted his first transcription took him five hours. Now, that's down to about 90 minutes. The process involves a lot of fact checking, especially making sure the names are spelled correctly, he noted.

AMNESTY INTERNATIONAL
WRITE FOR RIGHTS
Join us for International Human Rights Day
Write a letter, Change a life
December 10 • Renzo's Café, 11am - 3pm
1301 Commercial Drive Vancouver
December 10 • Amnesty International
Vancouver Office, 10am - 3pm
#430 -319 West Pender Street Vancouver
December 12 • Mosaic, 10:30am - 4pm
1720 Grant Street (off Commercial Drive)
December 10th and 12th | vancouver@amnesty.ca

DRUG ABUSE

Fentanyl a deadly risk: Police

Vancouver police say too many people are dying from fentanyl-laced drugs, despite ongoing education and awareness campaigns.

The BC Coroners Service says fentanyl killed about 90 people in British Columbia between January and August of this year.

Sixteen of those deaths were recorded in Vancouver, while 10 died in Surrey, nine in Nanaimo and eight in Maple Ridge.

Fentanyl is a synthetic opioid used to treat pain, and Health Canada says its abuse or misuse, even in small amounts, can cause death.

Vancouver police Sgt. Randy Fincham says fentanyl is imported in powder form, pressed into pills and sold on the streets as counterfeit OxyContin.

But it can also be found mixed into heroin and cocaine as an adulterant.

He says the key to saving lives is continuing to educate users about the drug.

"If they are going to choose to use an illicit drug or an unregulated drug, [it's vital] that they have some safety measures in place," Fincham said.

"That if there is an overdose or somebody does have an adverse reaction, that they are able to get help right away, have somebody phone 911."

Police in Delta, B.C, issued a warning over the weekend after two people used cocaine and inadvertently overdosed on fentanyl.

THE CANADIAN PRESS

Dear Canada,

Thank you.

To our drivers and unrelenting fans, you have been the heart of our brand for over 60 years. You have always been and will continue to be our inspiration. Thank you for believing in us, and for trusting that we're doing everything in our power to earn back your trust. We promise to make you proud of us once again, and prove that your confidence in us is not misplaced.

To our committed dealers and dedicated staff at Volkswagen dealerships across Canada, thank you for being our greatest strength and support. You reflect the true face of our brand to Canadians every day, and we promise to support you in making this right for your customers.

Sincerely,
Volkswagen Canada

SURREY

RCMP to lead new intervention plan

RCMP in Surrey are taking the lead in a new intervention plan touted elsewhere in Canada for reducing child protection cases, violent crimes and emergency-room admissions.

Police said the approach involves a weekly meeting of officers and professionals from corrections, housing, health, social services, income assistance and education.

The meetings allow members to review cases where referring agencies believe there is a high probability of harm for an individual or family.

Insp. Ghalib Bhayani, the community, safety and support director for the Surrey RCMP detachment, said that if the group determines a situation involves elevated risk, the appropriate agencies take action within 24 to 48 hours.

The plan is modelled after one that originated in Prince Albert, Sask., he said in an interview on Monday.

"There are four in the United States, all developed by the group that started in Prince Albert. It's an incredible model and it's one that I think you're going to see spread across this country like wildfire."

There are more than 50 groups across the country, most of them exist in Saskatchewan and Ontario because privacy laws in those provinces are different than elsewhere, including B.C.

"We had to go through a privacy impact assessment with the Office of the Privacy Commissioner in B.C.," Bhayani said.

Until now, two or three service providers, such as those dealing with mental health and addictions were involved with police in some cases, "but not eight or nine or 10 agencies at the same table," Bhayani said. "We've reduced risk for a few people now," he said of the three meetings held so far. THE CANADIAN PRESS

The gifts don't have to end.

With our Unlimited Holiday Plan you get Unlimited Data, Talk and Global Text plus up to $15 extra every month to use however you want. For instance, use it to call family and friends overseas, to cover your roaming while you travel or for any of our monthly add-ons. It's the plan that keeps on giving, all year round.

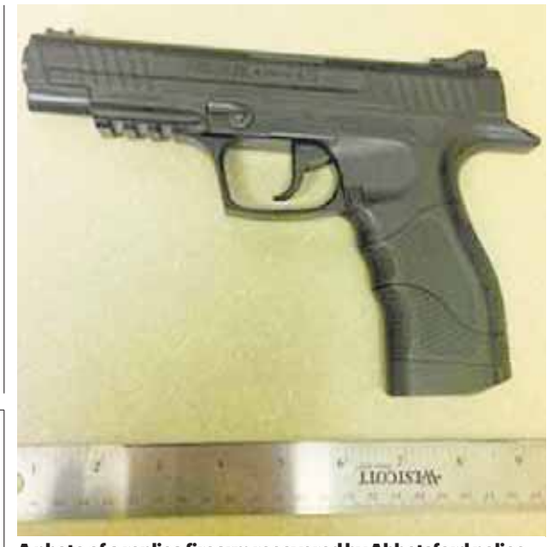
nexus 5X nexus 6P

$45/mo

Offer ends soon

WIND

Offer is valid as of November 16, 2015 and is subject to change or cancellation without notice. All unlimited plan features are from anywhere on our network, otherwise long distance and roaming rates apply. To be eligible for a $10 monthly credit you must activate on the $45 or $55 promo plan. Get a bonus credit of $5/month ($15 total) when you bring your own phone. The monthly service credits are applicable only for pay-per-use charges and monthly add-ons and are not valid toward your monthly plan fees (that is, the $45/month plan fee), the cost of devices, or accessories. Any unused monthly credits will be forfeited and may not be carried over to the next month. The applied credits from this promotion may not be used toward the WIND Phone Protection Program. WIND may, from time to time, and without notice, determine that certain add-ons are not eligible for credits. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. Google, Nexus and Android are trademarks of Google Inc. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. © 2015 WIND Mobile



A photo of a replica firearm recovered by Abbotsford police on Saturday that is believed to be the same weapon a 17-year-old male allegedly carried into Robert Bateman Secondary School on Dec. 3. COURTESY ABBOTSFORD POLICE DEPARTMENT

Police find replica gun

ABBOTSFORD

High Schools placed on lockdown

Thandi Fletcher
Metro | Vancouver

Police have recovered a replica gun hidden inside an Abbotsford, B.C. high school that led to several schools being placed on lockdown last week.

Const. Ian MacDonald said detectives found the replica firearm, which he described as being "very realistic in appearance" hidden in a public area inside Robert Bateman Secondary School.

The replica is believed to be the same weapon a 17-year-old boy allegedly carried into the school Dec. 3.

Four 17-year-old males are facing weapon and threat charges in connection with the incident.

Shortly after noon on Dec. 3, police received a 911 call about four young men, one possibly carrying a weapon or firearm, that were attempting to engage in an altercation with a male resident of a home on Immel Street.

The suspects left the area in the direction of a nearby school, which prompted police and school administrators to place nearby schools on lockdown.

They were later seen entering Robert Bateman Secondary School.

Police arrested the teens without incident.

OFFICER DISCHARGED

Mountie who punched inmate eight times in B.C. jail gets conditional discharge

A Vancouver Island Mountie who pleaded guilty to assault causing bodily harm has received a conditional discharge and one year probation. Const. Tim Bedard admitted he punched an inmate at the Nanaimo detachment after the man refused to remove his shorts while being booked into a cell and struck the officer.

Bedard hit the man eight times, leaving him with a broken nose, a possible fractured cheekbone and a black eye.

RCMP Supt. Mark Fisher says he respects the decision, though it's unclear when Bedard will return to front-line duties.

Court heard the officer has been diagnosed with post-traumatic stress disorder, and the sentence means he will not have a criminal record.

Bedard must also complete 50 hours of community service within the first six months of his probation. THE CANADIAN PRESS

Prime Minister Justin Trudeau receives applause from the bench after speaking in the House of Commons regarding his party's throne speech, in Ottawa, on Monday. THE CANADIAN PRESS

Debate sees sparks fly

GOVERNMENT

Ambrose grills Trudeau on withdrawal from Syria

Canada's 42nd Parliament got down to business Monday, with the often-promised new era of civility sounding a lot like a brittle rehash of the federal election campaign.

Prime Minister Justin Trudeau, interim Conservative leader Rona Ambrose and NDP Leader Tom Mulcair used a debate on last week's throne speech to refight some of the same election battles, with sparks flying between Liberals and Tories in particular.

Ambrose issued a scathing critique of the new Liberal government's throne speech, which was itself a recap of Trudeau's election promises.

Echoing the same criticisms levelled throughout the campaign, she called the Liberal plan a recipe for intrusive government that thinks it knows best how to spend Canadians' money.

Treasury Board President Scott Brison questioned how Ambrose could make such an accusation when she had been a minister in what he termed "one of the biggest spending governments and the most wasteful governments in Canadian history." The previous Conservative government added $150 billion to the national debt, he added.

The exchange prompted Ambrose to observe: "I think it's been 25 minutes and the sunny ways are over."

But Ambrose was no slouch when it came to partisan shots.

She took aim at Trudeau's vow to withdraw Canadian fighter jets from the allied bombing campaign against radicals in Syria and Iraq.

Mulcair struck a more conciliatory tone, promising to work with the government "when our values and our policies coincide." But he took the opportunity to recycle a number of planks from the NDP platform, urging Trudeau to hike taxes on large corporations and introduce a $15-an-hour federal minimum wage. THE CANADIAN PRESS

The question that every taxpayer wants us to ask this government is: where will the money come from to pay for all of this? Rona Ambrose

This is going to cost a bit more for the government, and we want to explain to Canadians exactly what the shortfall is. Bill Morneau

Canadians want a government that acts honourably and that treats all others with respect. Both inside and outside this House. We will be that government. Justin Trudeau

GOLDEN PALACE

Egg rolls to travel country

Haley Ritchie
Metro | Ottawa

They just can't get enough of Ottawa's egg rolls.

Canadians across the country will now be able to order Golden Palace egg rolls after the restaurant announced Monday it is partnering with Shopify and FedEx.

Ironically, the restaurant doesn't do local delivery for takeout, but you can now log on to their new website and have a box of egg rolls shipped anywhere in the country within 24 hours.

"This idea has been on our radar since I took over the restaurant five years ago," said Bill Kwong, the third-generation owner of the restaurant. "I'm now the owner and a bit more tech savvy and it's been on the radar since then."

Golden Palace will turn 56 this year and its "famous egg rolls" have been doing a lot of travelling lately.

Last month, Kwong began selling them at Montreal's Bell Centre on game days. Four years earlier, Sens fans were enjoying them at Ottawa's Canadian Tire Centre.

En Ning, a cook at the Golden Palace, displays freshly deep-fried egg rolls. LUCY SCHOLEY/METRO

EXPORTS

Chinese main buyers of polar bear fur

A study shows **Chinese consumers** have taken over from American sport hunters as the main buyers of Canadian polar bear exports. ISTOCK

A new analysis shows Chinese consumers with an appetite for luxury have taken over from American sport hunters as the main buyers of Canadian polar bear fur.

But the study to be presented this week at a conference in Vancouver concludes there's no reason to believe that the sale of bear hides or other parts threatens the animal's future.

"This increasing Chinese market may have stimulated some increased hunting, but really what it did is stimulate increased exporting," said Ernest Cooper, a consultant who is to present his findings Wednesday at ArcticNet, which brings together Arctic researchers from all fields.

TRADE

Canada is the only country in the world that allows commercial trade in polar bears.

Canada is the only country in the world that allows commercial trade in polar bears.

Cooper, whose work has been sent to all governments that manage polar bears, found the number of hides exported by Canada has been gradually rising to 400 in 2013 from 266 in 2005 — although 2014 saw a sharp drop.

The main market for the hides used to be American sport hunters returning home with their trophies. But after the United States made importing the hides illegal, the trade shifted to China.

The Asian country bought 12 hides in 2005, but accounted for 42 per cent of all hides exported from Canada between 2010 and 2014. THE CANADIAN PRESS

IN BRIEF

Duffy trial resumes with testimony from new Senate Speaker George Furey

New Senate Speaker George Furey told the Mike Duffy fraud trial that the upper chamber's spending rules didn't need to spell out every detail of what was allowed to be expensed because much of it was "self-explanatory" for senators. Furey said there is nothing in the Senate's rules that says he can't pay someone to cut down trees on his property, but senators should know that expensing such activities is not permissible. THE CANADIAN PRESS

Liberals to start inquiry into missing and murdered indigenous girls

The Liberal government will begin laying the groundwork for a national inquiry into missing and murdered indigenous girls by announcing details of a consultation process Tuesday afternoon. Indigenous and Northern Affairs Minister Carolyn Bennett, Justice Minister Jody Wilson-Raybould and Status of Women Minister Patricia Hajdu will reveal the details in the House of Commons Tuesday. TORSTAR NEWS SERVICE

Employees return to work, mourn 14 dead

MASS SHOOTING

San Bernardino reels as details emerge about radical shooters

Thousands of employees of San Bernardino County began returning to work Monday, five days after a county restaurant inspector and his wife opened fire on a gathering of his co-workers.

The reopening of much of the government's offices signals an effort to return to normalcy for a community that has been in shock and mourning since Wednesday's attack killed 14 people and injured 21.

"To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary," San Bernardino County Supervisor Janice Rutherford said Monday of the victims.

"We can't be afraid of our lives, of our community, of our neighbours, of our co-workers."

The Board of Supervisors said at a news conference that all facilities have increased security, including armed sheriff's patrols, and officials were considering additional permanent safeguards.

Counseling centres and a hotline were open, and managers were urged to look for signs of distress in their employees.

She also expressed gratitude for the outpouring of support worldwide. Investigators were looking into what led Malik, 29, and Farook, 28, to attack Farook's co-workers.

The couple had been radicalized and had taken target practice at area gun ranges, in one case within days of the attack that killed 14 people, the FBI said Monday.

In a chilling twist, authorities disclosed that a year before the rampage, Syed Farook's co-workers at the county health department underwent "active-shooter" training in the very conference room where he and his wife opened fire on them last Wednesday.

"We believe both were radicalized and had been for some time," said David Bowdich, assistant director of the FBI's Los Angeles office.

But he said investigators are still trying to establish precisely when, where and by whom they were influenced.

THE ASSOCIATED PRESS

Gary Mendoza, and his son Michael pay their respects at a makeshift memorial site honoring Wednesday's shooting victims Monday, in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

POLLUTION

Beijing schools close in first smog red alert

Beijing issued its first-ever red alert for smog on Monday, urging schools to close and invoking restrictions on factories and traffic that will keep half of the city's vehicles off the roads.

The red alert — the most serious warning on a four-tier system adopted a little over two years ago — means authorities have forecast more than three consecutive days of severe smog.

An online notice from the Beijing Municipal Environmental Protection Bureau said it issued the alert to "protect public health and reduce levels of heavy air pollution."

1.4M

A study led by atmospheric chemist Jos Lelieveld of Germany's Max Planck Institute estimated that 1.4 million people each year die prematurely because of pollution in China.

Beijing hotel staffer Fan Jinglong said the smog forecast was "really worrisome."

"We have no choice but to step up preventative measures like wearing a mask outdoors at all times," he said.

Readings of PM2.5 particles climbed toward 300 micrograms per cubic meter on Monday and are expected to continue rising before the air begins to improve with the arrival of a cold front on Thursday.

The World Health Organization designates the safe level for the tiny, poisonous particles at 25.

Along with limiting cars to driving every other day depending on the last number of their license plate, a raft of other restrictions will seek to reduce the amount of dust and other particulate matter in the city of 22.5 million people.

Officials said extra subway trains and buses would be added to handle the additional strain on public transport.

Schools were advised to close, but some were choosing to stay open if they felt they had adequate air filtration systems.

It's the second time this month that notoriously polluted Beijing has experienced a prolonged bout of smog, sending PM2.5 levels in the suburbs as high as 976 micrograms.

Beijing was also shrouded in persistent smog for most of November, when power demand soared due to unusually cold weather.

THE ASSOCIATED PRESS

Visitors, some wearing masks to protect themselves from pollutants, take a selfie at the Jingshan Park on a polluted day in Beijing. ANDY WONG/THE ASSOCIATED PRESS.

Lead Teams to Succeed

UBC Certificate in Project Management

Deliver projects on time and on budget, and lead teams to succeed with the UBC Certificate in Project Management. This award-winning program is offered in three formats: full-time, part-time and 100% online.

UBC is a Project Management Institute, Inc. Registered Education Provider.

Apply today. Earlybird pricing ends Jan 18.

cstudies.ubc.ca/pm
604.822.1420

Presented in partnership with

SAUDER School of Business

UBC Faculty of Applied Science

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
Continuing Studies

IN BRIEF

France's National Party sweeps regional elections

France's options are no longer as simple as left and right. The far-right, anti-establishment National Front has ridden a wave of anger over migration and extremist attacks straight into the political mainstream. The party's historic results in Sunday's first round of regional elections were the latest in a series of electoral inroads.

THE ASSOCIATED PRESS

U.K.'s Muslim community rallies around viral slogan

It's become the rallying cry of many defending the faith: "You ain't no Muslim, bruv." The comment, heard in a video following a stabbing at a London train station, has been trending on Twitter and adopted by PM David Cameron. THE ASSOCIATED PRESS

RACIAL INEQUALITY

U.S. to launch police probe in Chicago

The Justice Department will investigate patterns of racial disparity in the use of force by Chicago police officers as part of a wide-ranging probe that could lead to calls for sweeping changes at one of the country's largest police departments, the U.S. attorney general announced Monday.

The investigation comes nearly two weeks after the release of a video showing a white Chicago police officer shooting a black teenager 16 times and the same day prosecutors declined to charge another officer in the shooting death of a 25-year-old black man who authorities said was armed with a gun as he ran away from officers.

"This mistrust from members of the community makes it more difficult to gain help within investigations," Attorney General Loretta Lynch said. "And when suspicion and hostility is allowed to fester, it can erupt into unrest."

THE ASSOCIATED PRESS

CBC eyes better year

MEDIA

Scandals, steep budget cuts in 2015 took toll on broadcaster

It's been a heck of a year for the CBC — a scathing report denounced managers for their handling of the Jian Ghomeshi affair while former anchors Amanda Lang and Evan Solomon faced controversies of their own.

All the while, the CBC continued to grapple with steep budget cuts that slashed news broadcasts, gutted sports and documentary divisions and put for sale signs in front of aging facilities.

But with a more CBC-friendly Liberal government now holding the purse strings, could things finally be looking up for the beleaguered public broadcaster?

Many observers seem to think so.

"The people that are the custodians of this publicly owned institution no longer seem to hate it," said former Fifth Estate host Linden MacIntyre, who retired from the CBC in 2014 amid a round of cuts.

"In the same way that the darkness seeped into the institution during the (former prime minister Stephen) Harper era, the light is now going to seep through. And it does have a warming and enlightening effect."

Newly minted Prime Minister Justin Trudeau has promised to restore $150 million in annual funding that was cut from CBC/Radio-Canada during the Harper years

Years of budget and staff cuts have taken a toll on employees, said MacIntyre, who pointed to "an ever-increasing morale problem."

A series of embarrassing scandals haven't helped, with Lang's final year tainted by allegations of impropriety concerning her ties to a Royal Bank of Canada board member.

Ian Morrison, a spokesman for the pro-CBC group Friends of Canadian Broadcasting, however questioned whether the extra $150 million in annual funding would be enough to turn things around. And MacIntyre said he'd want to know what CBC would do with the funds, noting that the board of directors is still "stacked" with Harper appointees.

THE CANADIAN PRESS

The CBC building in Toronto. With a more CBC-friendly Liberal government now holding the purse strings, things could finally be looking up for the public broadcaster. THE CANADIAN PRESS FILE

Jian Ghomeshi, fired in 2014, will face trial starting Feb. 1 next year. THE CANADIAN PRESS

INTERNET TRAFFIC

Streaming hogs 70% of downloads

Streaming has taken over the Internet and now accounts for more than 70 per cent of North American downloads at peak times, up from less than 35 per cent in 2010, according a report from broadband services company Sandvine.

Netflix makes up a huge part of Internet downloads, the company said, with the streaming service accounting for 37.1 per cent of all downstream traffic in North America during September and October.

YouTube accounted for the second-largest share of download traffic, at 17.9 per cent, followed by regular Internet browsing at 6.1 per cent.

As streaming sites have risen in popularity, the BitTorrent file-sharing service — which some blame for the proliferation of pirated content online — has declined in its share of overall Internet traffic.

The file-sharing service now accounts for less than five per cent of total Internet traffic, down from 31 per cent in 2008.

THE CANADIAN PRESS

IN BRIEF

Canada wins meat dispute
Canada's beef and pork sectors are welcoming a World Trade Organization ruling that allows Canada and Mexico to impose $1 billion in tariffs on U.S. products. THE CANADIAN PRESS

Keurig being sold for $14B
Keurig has agreed to sell itself for almost $14 billion US to JAB Holding Co.
THE ASSOCIATED PRESS

market minute

DOLLAR 74¢ (–0.76¢)

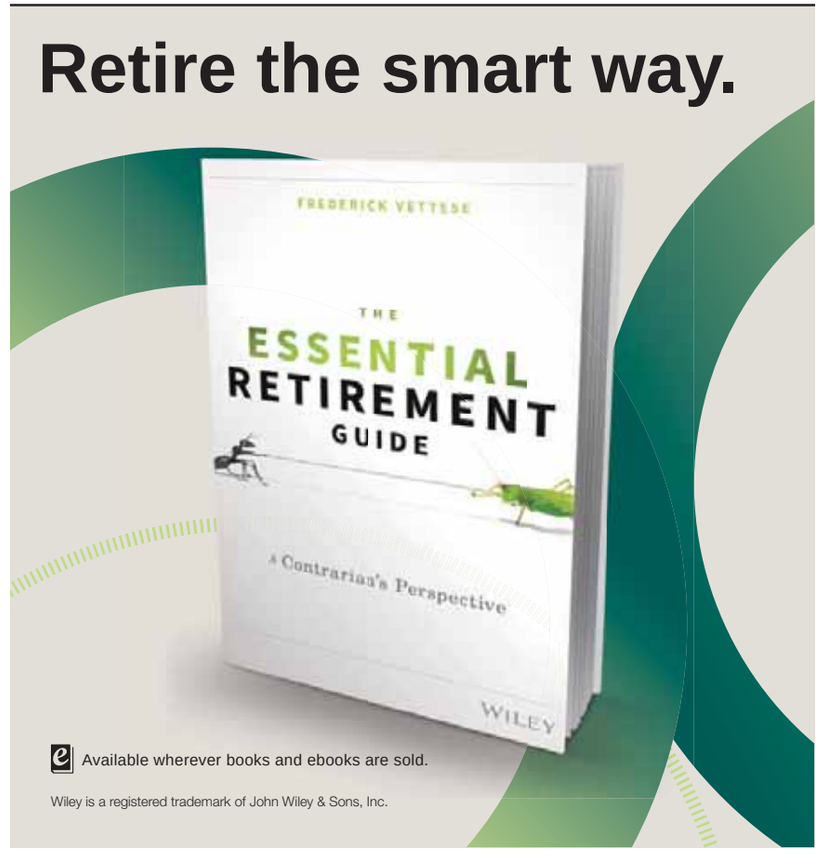
TSX 13,042.83 (–315.94)

OIL $37.65 US (–$2.32)

GOLD $1,075.20 US (–$8.90)

NATURAL GAS: $2.067 US (–8.9¢)
DOW JONES: 17,730.51 (–117.12)

• Health Care Assistant Diploma
Study full-time or part-time
• HCA: Introduction to Practice (online)
Complete this course for your BC registration
or as a first step to HCA studies
PLUS NEW PROGRAMS!
• ESL-Health Care Assistant Diploma
Includes 300 hours of free specialized English classes
• English for Health Care Certificate
Improve your English in just 5 weeks
Visit us to find out why we are not like the rest!
Phone: 1.855.447.3422 • www.saintelizabeth.com/careercollege
A national network of not-for-profit private vocational schools dedicated to
excellence in education and spreading cutting edge knowledge.
PCTIA
Saint Elizabeth
HEALTH CAREER COLLEGE



EMMA TEITEL: ON SEASONAL SOFT-PEDALLING

Enough with the Happy Holidays, already. We all know what that phrase means. So own it.

Merry Christmas or Happy Holidays? Which season's greeting — the Christian or the non-denominational — should you use in polite conversation with strangers at the mall or acquaintances at the office?

Conventional liberal wisdom tells us that Happy Holidays is the correct greeting, as not everyone celebrates Christmas, and assuming they do is presumptuous and anti-pluralist. Conventional conservative wisdom, meanwhile, dictates the opposite: there is no harm in wishing a stranger Merry Christmas, because most people in North America are Christians anyway, so your chances of offending somebody are fairly slim (And besides, people are just too sensitive these days.)

Some traditionalists, like U.S. presidential candidate Donald Trump, take the conservative, unapologetic Christmas stance to the extreme. When Trump discovered last month that Starbucks released a new line of plain red, holiday coffee cups devoid of the usual Christmas imagery (wreaths, reindeer etc.) the tawny Republican businessman contemplated launching a boycott of the coffee chain.

As a Jew who has never celebrated Christmas, I should probably appreciate Starbucks' new line of inclusive cups and the concerted effort by shopkeepers and bank tellers to say Happy Holidays instead of Merry Christmas. But every year I find myself growing increasingly uncomfortable with Happy Holidays and warming up to Merry Christmas as a catch-all greeting in public. Unlike Trump, however, my discomfort with Happy Holidays doesn't stem from the notion that the phrase is too inclusive, but rather that it isn't inclusive at all.

There is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green.

Tongue-tied at Yuletide. Ever feel like you're awash in Santas but don't want to offend anybody by saying Merry Christmas? Maybe just go with it.
BALAZS MOHAI/MTI VIA ASSOCIATED PRESS

The truth is that there is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green. When you buy a Starbucks latte in a bright red holiday cup, or are handed a candy cane by your bank teller who wishes you "Happy Holidays," you know very well the sentiment is not Happy Hanukkah or Happy Diwali, but Merry Christmas! When you go to Pier 1 and every scented candle smells like "mulled wine," "pine needles," and "peppermint crème," you know you aren't smelling Hanukkah or Kwanza: you're smelling Christmas! "Happy Holidays" and the culture that permeates the phrase, from neutral coffee cups, to inflatable reindeer in the shopping mall (as opposed to nativity scenes) are not symbols of inclusivity, they are slightly watered down odes to Christmas; a way in which well-meaning liberal Christians and corporations can have their Christmas cake and eat it, too. If it looks like Christmas, smells like Christmas and sounds like Christmas — it's Christmas! So you might as well just come out and say it: Merry Christmas.

This doesn't mean Jews, Muslims, Hindus and other groups who don't celebrate the birth of Christ suffer a great injustice every time they go to the mall or the bank, or Pier 1 during the holidays. (As far as scented candles go, the only thing I can imagine grosser than a mulled wine candle is a candle that smells like Manischewitz). What we do experience, rather, is the illusion of inclusivity. Take greeting cards as a prime example. Almost every time I enter a mainstream greeting card store and ask where the Hanukkah cards are I am told the following — "We don't have any Hanukkah-specific cards, but we do have several neutral, 'Happy Holidays' cards." I am then pointed toward a stack of greeting cards that are awash in Christmas colours and decked out with snowmen, wreaths, stockings, gingerbread men — and all manner of sparkly things that are decidedly un-Kosher. "Happy Holidays" is not religion neutral; it is Christmas lite.

It is unrealistic and frankly unreasonable to expect stores to carry a wide variety of Hanukkah cards for what is a very small religious minority, just as it is unrealistic to expect businesses and community centres to adorn their walls with stars of David. But it isn't the lack of non-Christmas-themed items and decorations I take umbrage with. It's the phoney nod to religious pluralism; the belief that substituting a Christian phrase with a neutral one will neutralize the culture around it. It pains me greatly to write this, but perhaps where season greetings are concerned Donald Trump is correct.

Better a heartfelt "Merry Christmas" than a disingenuous "Happy Holidays."

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

ISIL sees itself as more than a 'death cult.' We should, too.

The municipal budget includes line items for income from stolen sheep, cows and houses. That's on top of taxes levied, according to a former resident, just about any time the authorities felt like it.

And you thought you hated the taxman.

The budget would be funny if it didn't come from ISIL. The document is one of many obtained by Aymenn al-Tamimi, a research fellow at the Middle East Forum.

It's fascinating not just for its odd list of revenues and expenditures (about half of the former from selling stolen antiquities, about half of the latter funnelled to militants) but because it was smuggled out of ISIL territory in Syria. And in the hands of the Planet Money radio program, the document becomes the backbone for a behind-the-scenes look at the idiosyncratic bureaucracy of a terrorist state.

For example, there's a minister of antiquities whose job it is to regulate the looting of ancient artifacts. Looters even need special certificates.

This is just one of the little windows we're getting into the domestic side of ISIL. The Guardian published a story yesterday revealing a leaked memo that spells out the group's vision of statehood, including the creation of government departments, a propaganda operation and a foreign-relations strategy.

In a widely circulated New York Times article, people who've fled ISIL-controlled towns describe disarray and an authority not all that great at actually running a state. These stories are crucial to fighting terrorism. And in politics, they're being ignored.

Debates on how to defeat ISIL focus heavily on military action — from President Obama preaching resolve on national TV Sunday night to the Conservatives demanding airstrikes during the first question period Monday — and that leaves the public with a skewed view.

War only offers a destructive solution. It doesn't explain how to give stability and order to the lives of those currently paying taxes to ISIL. It doesn't refute the twisted ideology of a group purporting to be as dedicated to sustaining as it is to killing.

"Death cult" has become a fashionable phrase for ISIL that, while technically accurate, isn't exactly descriptive of a group collecting taxes, handing out salaries and drafting a municipal budget.

If we refuse to see the most complete picture we can draw of ISIL how can we beat it?

As if fulfilling the prophecy of the war rhetoric, a majority of Americans now approve sending in ground troops.

The public, in the end, deserves more nuance from politicians and the media. And so far, the media is the only one doing its job.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

NEW! **Philosopher cat now at www.mymetrostore.ca**

metro LIFE

Your essential daily news

Kendrick Lamar leads Grammys with 11 nominations; Taylor Swift, The Weeknd earn 7 nods

It's OK! Eat, drink and be merry

CHRISTMAS DINNER

How to join the turkey and stockings and get pleasantly stuffed

When it comes to stuffing your face, there's a time and place.

That time? The holidays. That place? Probably your family dining room table.

"I couldn't care less about calories," says Shauna Lindzon, a Toronto-based registered dietitian. "When you're with your family, you're there to enjoy your family and have fun."

Instead of beating yourself up over an expanding waistline, Lindzon advocates for mindful holiday eating and shrewd plate building strategies.

"My tip is to fill up half the plate with at least two different-coloured vegetables," she says. "That provides our fibre. So that will help keep us full."

The remainder of the plate should be one-quarter protein — be it turkey, ham, salmon or a vegetarian chili — and the other quarter whole grains, such as quinoa, she says.

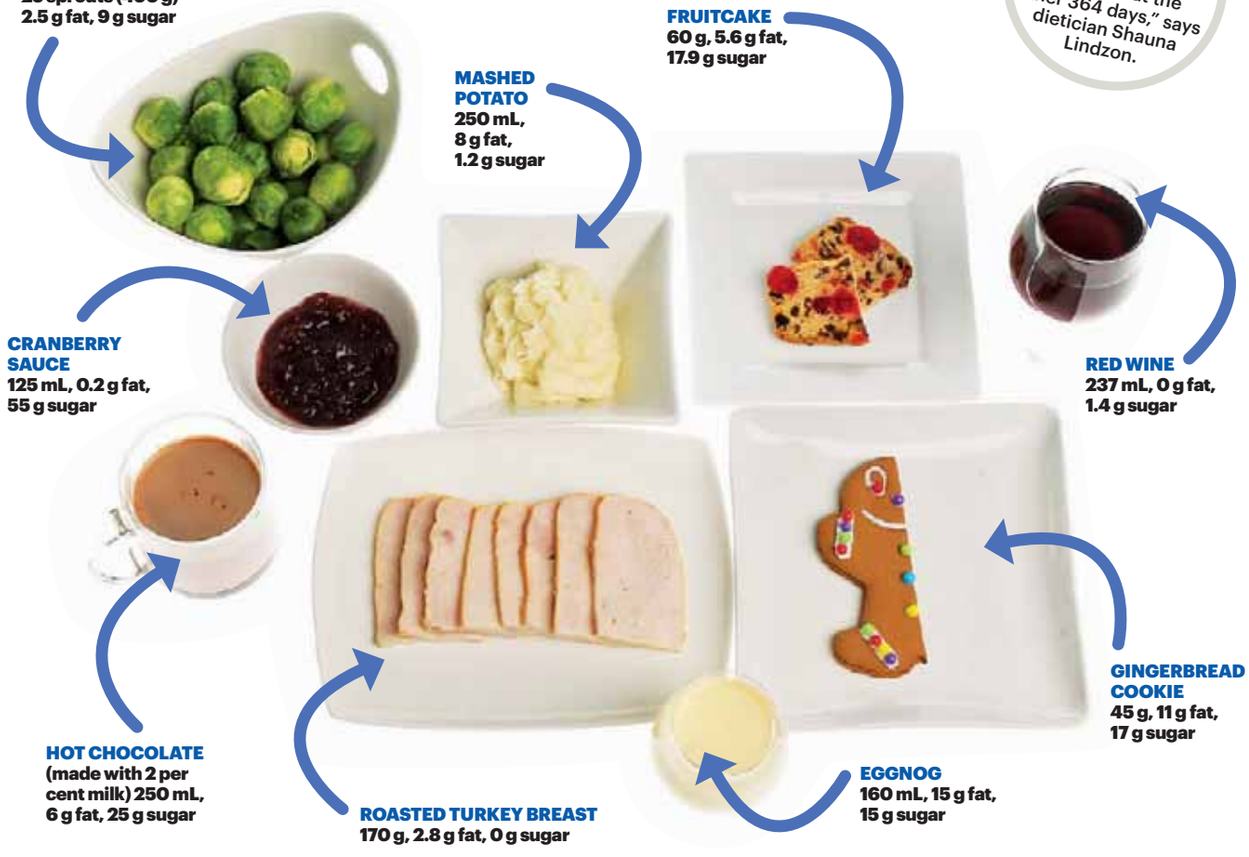
If you really want to pack in the nutrients, choose cranberry sauce over gravy and eat mashed potatoes with the skins on, if possible.

As for alcohol, Lindzon prefers people eat their calories, not drink them.

If you're going to imbibe, drink water or sparkling water between drinks — this will help keep you hydrated, hopefully softening the blow of the hangover the next day, she says. If you really want to play it safe, she recommends steering clear of alcoholic drinks mixed with pop, and choose white wine spritzers instead. Try not to have more than one drink an hour to give your liver a chance to process the alcohol. Another tip: ranking your desserts.

"If you're not so into it — if you would rate it a two or a three out of 10 — forego it," says Lindzon. If you love chocolate cake and you would rate that as your 10/10 most delicious treat, eat the whole thing." TORSTAR NEWS SERVICE

FESTIVE FOODS WHAT A 200-CALORIE SERVING LOOKS LIKE



ULTIMATELY, JUST CHILL OUT

"It's only one day out of the year. It matters how you eat the other 364 days," says dietician Shauna Lindzon.

NUTRITIONAL INFORMATION VARIES DEPENDING ON PREPARATION

HANUKKAH RECIPE

Latkes with chipotle sour cream

Start to finish: 30 minutes
Servings: 4

Ingredients:

- 2 1/2 pounds Russet potatoes, peeled
- 2 large eggs
- 1/2 cup minced yellow onion
- 1 Tbsp matzo meal or all-purpose flour (optional)
- Kosher salt and ground black pepper
- Olive oil, for cooking (about 1/2 cup)
- 3 tablespoons butter (optional, but recommended)
- 1/2 cup sour cream
- 1 chipotle in adobo sauce, pureed or finely minced
- 1/2 teaspoon lime juice

Directions:

1. Heat the oven to 200 F.

2. Using the shredding disc of a food processor or a handheld grater, grate the potatoes on the large-holed blade or side. Place the grated potatoes in a large bowl, and let them sit while they release their liquid, about 5 minutes.

3. Meanwhile, in another large bowl, mix the eggs and minced onion. With your hands, grab a handful of the grated potato and squeeze over the bowl to get out as much liquid as possible. Transfer the squeezed potatoes into the bowl with the eggs. Repeat with remaining potatoes.

4. Insert your finger into the liquid left in the potato bowl. You'll feel a firm layer of potato starch at the bottom. Carefully pour off the liquid from the top, then scrape up the starch from the bottom of the bowl and mix it into the egg and potato mixture. This natural starch helps bind together the potatoes. If there is only 1 to 2 tablespoons of starch, you'll also want to blend in the optional matzo meal or flour. Generously season with salt and pepper.

5. In a large skillet (or use 2 large skillets to speed up the process), heat a couple of tablespoons of the olive oil and a teaspoon or so of butter until the butter has melted and the fat is hot. Swirl the pan, and then add the potato mixture by the spoonful (large or small, as desired). Gently press the mounds into rounds. Cook until golden brown and crisp, 4 to 5 minutes per side. You'll need to keep a close eye on the heat. Too low and they won't brown properly; too high and the oil will smoke.

6. Transfer the latkes to paper towels to drain, then transfer to an oven-safe serving platter. Set the platter in the oven to keep warm, then repeat the process with the remaining latkes, adding oil and butter as needed. Between batches, you also may want to wipe out the pan to remove any bits of latke or if the oil is getting dark.

7. The potatoes will continue to release liquid as they sit. As you get to the bottom of the bowl, just give the potato mixture a quick squeeze before putting it in the hot pan to avoid splattering.

8. While the latkes are cooking, in a small bowl blend together the sour cream, chipotles, lime juice and a pinch each of salt and pepper. Serve the chipotle sour cream with the warm latkes.

THE ASSOCIATED PRESS

Latkes, or potato pancakes, are traditionally served with sour cream and/or applesauce. Mix things up by trying a dab of chipotle sour cream atop the latkes.

THE ASSOCIATED PRESS

Are you a grown-up?

LISTS

33 ways to tell if you're an adult — in case you're not sure

Sofi Papamarko
Torstar News Service

Remember the 1980s comedy Big where Tom Hanks (a 12-year-old boy in a thirty-something man's body) does such ridiculous things as play with toys, ride roller-coasters and wear jeans to work?

Since those heady days of shoulder pads and charting Huey Lewis singles, the lines between adolescence and adulthood have become increasingly blurred. So put aside your colouring book and read on for some ways to tell if you're a real, live grown-up.

1. You realize with dismay that it's too late for you to become a professional figure skater, competitive gymnast or international rock star — even if you start practicing today.

2. You start pickling things that are not your liver.

3. You have matching dishes, cutlery, towels and/or socks.

4. You purchase a slow cooker and are really excited about it.

5. You purchase a cordless vacuum and are really excited about it.

6. You purchase a mortar and pestle and are really excited about it.

7. You use the aforementioned mortar and pestle to grind herbs you grew yourself in your window garden and later dried on your reclaimed wood harvest table.

8. You've stopped listening to any and all music that came out after 2009 (except for the oeuvre of Taylor Swift, which you own none of but have somehow managed to memorize by sheer osmosis).

9. Sheryl Crow really speaks to you.

10. You have an RRSP, a TFSA, a CA and an IUD.

11. Revelation: the sooner you go to bed, the sooner you can eat breakfast!

12. You've stopped caring what other people think. Mostly.

13. You won't even look at apartments that don't have air conditioning and a dishwasher.

14. Reitmans is actually carrying some pretty cute stuff this season, you guys!

15. You find yourself telling white lies to small children for your own amusement.

16. You look forward to cleaning. Not for the act itself so much as for the satisfying results.

17. You have strong opinions on olive oil.

18. You casually drop Saturday Night Live references from the 1990s and your twenty-something colleagues have no idea what you're talking about. No one invites you to lunch.

19. A hangover now lasts two to four months.

20. You still eat macaroni and cheese sometimes, but you toss in basil and sun-dried tomatoes or add panko and Sriracha to really just class it up.

21. The only thing better than napping is ... no. No, I've got nothing.

22. It blows your mind that you do whatever you want to do within the limits of the law, but what you mostly do is watch Netflix and fall asleep on your couch at 10 p.m.

23. Back-to-school commercials fill you with nostalgia.

24. Salt and pepper? No thank you! Freshly ground peppercorns and Himalayan pink salt? Yes we can!

25. You remember when overalls were cool, and then not-cool, and then cool again.

26. Your body feels like a giant bruise for two full days after you go to the gym. Once you start to recover, it's time to go back to the gym.

27. You're older now than your parents were when they had you.

28. You purchase concert tickets based solely on two factors: Is there cushy seating? How far is the venue from my couch? (Conclusions: it is not worth going to any concerts not held at Massey Hall or in your living room.)

29. The show Friends seems unfunny and dated. When did that happen? (Answer: 2008)

30. You're unreasonably excited about your artisanal ice cube tray.

31. You buy all sorts of fancy cookbooks by celebrity chefs but only ever make the easiest sounding ones that don't require a double boiler or Dutch oven or too many pots and pans that you have to wash later.

32. Brussels sprouts are actually kind of delicious, if you know how to cook them/add bacon.

33. It's OK to use the nice soap.

Eric Wareheim plays a very large manchild in Netflix's Master of None. HANDOUT

TESTOSTERONE

Hormone gives better sense of direction: Study

Men have often argued that they are the superior sex when it comes to sense of direction, and many previous studies have backed them up. Now a new study has not only provided evidence to support earlier research, but says that the male sex hormone testosterone could be the why men are better at navigating.

Wanting to explore if the reason behind a better sense of direction was due to sex hormones or cultural conditioning, or perhaps something else, a team of researchers from the Norwegian University of Science and Technology (NTNU) first asked a group of 18 male and 18 female participants to find their way around a virtual maze using 3D goggles and a joystick. The participants were given navigational tasks to complete from different starting points while in the maze, such as "find the yellow car." During the task the researchers continuously recorded images of participants' brains using an MRI scanner. The results showed that men performed better than women, solving 50 per cent more of the tasks by taking more short cuts and using cardinal directions, the points of North, East, South and West, to orient themselves. The women used a different strategy, often using a route to get to their destination, rather than cardinal directions

The study's author, Carl Pintzka, concluded that "Men's sense of direction was more effective. They quite simply got to their destination faster."

In the next step of Pintzka's research, a different group of 42 female participants was split into two groups. Twenty-one received a drop of testosterone on the tongue before taking part in the task, and 21 received a placebo. Many of the women who had received the testosterone performed better than the ones who had not. Although they were unable to solve more tasks, they were better able to use cardinal directions, like the men in the earlier study. AFP

50%

The study claims that men performed better than women, solving 50 per cent more of the tasks by taking more short cuts and using cardinal directions

Butt lifts, smaller breasts, pouty lips trend

COSMETIC ENHANCEMENTS

Surgeons keep up with the Kardashians, Ariel Winter

Eva Kis
Metro | New York

In the plastic surgery business, it was undoubtedly the year of the butt lift, popularized most famously by Kim Kardashian (though she insists she was born that way). And shapely butts weren't the only trend the Kardashian clan set this year.

Kylie Jenner's pout dethroned Angelina Jolie's long-coveted lips, according to an end-of-year survey by RealSelf, the largest online community for cosmetic procedures. The site fielded 10 times as many requests about Jenner's pout, with 43 per cent of facial plastic surgeons and 30 per cent of dermatologists saying more women are making lip-related requests.

According to the survey, 39 per cent of plastic surgeons said women opting for breast enhancement asked for smaller implants this year compared with 2014. This time, patients are going for a slimmer silhouette similar to Rihanna and Kate Hudson.

When it comes to breast reduction, doctors are seeing more requests from teenagers after 17-year-old Modern Family star Ariel Winter revealed she'd undergone the procedure back in June.

The actress told Glamour that just standing for long periods of time was painful; the procedure took her from a 32F to a 34D. "Even at 14, people would ask me, 'Do you have fake boobs?' But we live in a society that that's what they think about," she told the magazine.

For men, the trend is toward classically masculine features, with a particular focus on enhancing the jawline — 26 per cent of doctors said their patients reference Brad Pitt as their ideal.

Ariel Winter had her breasts reduced from a 32F to a 34D. GETTY IMAGES

ET THEIR STUFFED.

ALDO ⊕ MORE

20% OFF

$50/mo. GOLD PLAN GETS YOU:

- UNLIMITED Weekends & Evenings from 5pm
- UNLIMITED Worldwide Text Messaging from Canada
- UNLIMITED Picture Messaging to Canada & US
- 300 Canada-Wide Minutes
- 300 MB of Data
- Voicemail & Call Display

*$4.99 SIM CARD NOT INCLUDED.

Virgin mobile

virginmobile.ca

IT'S BETTER TO BE A MEMBER

Limited time offer. Services available with compatible devices. *Available with new activation on a 2-year agreement. $4.99 SIM Card not included. Monthly 911 fees apply in: AB (44¢), NB (53¢), NL (75¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). Taxes extra. Other conditions apply. Conditions and restrictions apply for Member Benefits; see virginmobile.ca/benefits for details. Offer and Member Benefits subject to change/cancellation at any time without notice. If you cancel your Commitment Period early, an Early Exit Charge will apply. See your Agreement for details. Unlimited Text and Picture Messaging is only valid when message is sent from Canada. Text messages sent within the U.S. or internationally, premium text messages, text alerts, messages sent with an instant messaging application and dial-up messages are not included in any plan and cost extra. Canada-Wide Calling applies to calls made from Canada to a Canadian number or calls received from any number while you are inside Canada. Additional minutes are 50¢/min. Long distance charges on calls to the U.S. are 50¢/min in addition to your local per minute rate. Additional data is $5/100 MB. Screen image simulated. Phones and some colours may not be available at all retailers. Other restrictions apply; see virginmobile.ca for details. © 2015, LG Electronics Canada. All rights reserved. "LG" and the "LG Logos" are registered trademarks of LG Corp and its affiliates. VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2015 Virgin Mobile.

There's no illusion when it comes to tempting fate

THE TRICK WITH THE GUN

Doc gives close-up look at a deadly sleight of hand

Richard Crouse
For Metro Canada

Filmmaker Chris Gudgeon, left, and Scott Hammell at their first shooting lesson. CONTRIBUTED

Scott Hammell did the unthinkable. He asked someone to load a gun, point it at him and pull the trigger. He doesn't have a death wish, he's a magician and the subject of a new documentary, The Trick with the Gun, that details the planning and performing of the most dangerous illusion ever devised, the Bullet Catch.

Fourteen magicians have died attempting it and the most famous conjurer of all time, Houdini, never even tried it. Hammell says the trick is risky but, "there are safe ways of doing things that are seemingly extremely dangerous."

He adds, "obviously things can go wrong and that can have a catastrophic chain reaction."

There is always room for error and sometimes magicians get hurt or even killed on stage.

Hammell gave Metro an exclusive list of the five most dangerous — and potentially fatal — tricks ever performed on stage.

Spike

"It starts with a spike sticking through a piece of wood covered with a paper cup or a paper bag. The audience mixes them up and one-by-one the magician slams his or her hands down on the other identical looking cups or bags. The idea is to leave the last bag and you remove it to show the spike still there.

"I cringe whenever I see that. Magicians work with their hands and you screw that up and there goes your career."

Russian Roulette

"A mentalist from Britain called Maurice Fogel used six guns all with live bullets. He would take one of the guns and fire it at a balloon or dinner plate to prove it was loaded.

"He'd then mix up the guns and choose the gun he wanted pointed at him. On the count of three the marksmen would pull the triggers and hopefully the one pointed at him is empty. He screwed that one up three times.

"Got shot just above the eye one time and in the chest another time."

Houdini's Water Torture Cell

"The underwater stuff can be really dangerous because it's hard to communicate with your assistants if something goes wrong. "If something does go wrong chances are you're finding out about it at the last minute, which does not give them much time to get you out and resuscitate you."

Buried Alive

"This trick dates back thousands of years and has definitely cost a few magicians their lives. Joseph Burrus attempted to perform it on Halloween, the anniversary of Houdini's death. I guess he didn't account for the weight of the cement he was being buried in.

"They couldn't get him out in time and unfortunately he suffocated. "Sometimes you get so wrapped up in a trick you forget the little details which turn out to be the big details."

The Bullet Catch

"This is the one that has certainly cost the most magicians their lives.

"Penn and Teller call it the most dangerous trick in show business, beyond just magic. I would tend to agree.

"I'm not too familiar with the stunt world but I don't think there are too many stunts in movies or television that have cost so many people their lives and yet people continue to do it."

Watch Hammell perform the world's most dangerous trick in The Trick with the Gun on Vimeo-On-Demand or on Super Channel starting Tuesday, December 8.

JOHANNA SCHNELLER WHAT I'M WATCHING

The long, lonely hours of a magician

THE TRICK WITH THE GUN (multiple showings, Superchannels 1, 2, 3 and 4)

Early in this documentary about Canadian magician Scott Hammell's attempt to perform a classic trick, The Bullet Catch, the narrator (the film's director, Michael McNamara) lists the records that Hammell holds in the Guinness World Book, accompanied by video of said events: Highest Suspension Straightjacket Escape (dangling from a helicopter). Longest Inverted Juggling. World's Fastest-Moving Card Trick (performed while skydiving). Highest Blindfolded Straightjacket Escape. All of which Hammell accomplished by age 30.

Now he's turning to the notorious Bullet Catch — first performed in the 1600s, it involves either fake or real bullets being shot at a magician, who catches them in his teeth or hand — to lift him to the next level. (Hammell will use a real bullet.)

The theme of death runs through magic — all that submerging and disappearing and being sawn in half.

"A magician escapes death every night," someone says. As do all who wake up, you realize.

But despite the many interesting musings on mortality and what an artist is willing to do for her art, I kept returning to the practice element.

Not the death-defying stunt itself, but the hours and hours of repetitive, lonely work it takes to get there.

As a fellow magician puts it, "practice 'til you reach a competency that is mind-blowing."

Contemplating what a "longest inverted juggling" record really means — all those hours, upside down, to earn a stat that means something to a mere handful of people, that can be shattered tomorrow — yeah, my mind was blown.

Scott Hammell trains for a skydiving escape. HANDOUT

absolute spa
HOLIDAY GIFT CARDS
Never Expire | Any Denomination | Instant E-Cards Available
604.684.2772 | www.absolutespa.com
Ask about the HUGE SAVINGS on our Ultimate Christmas Jewel Package!

Denver Broncos QB Peyton Manning will suit up and throw outdoors this week as he begins his comeback from a torn plantar fascia

NHL CANUCKS HOPING TO TAKE BITE OUT OF SABRES Buffalo Sabres' Nicolas Deslauriers, back, jumps as he and Vancouver Canucks' Dan Hamhuis chase after the puck during the first period of an NHL hockey game in Vancouver, B.C., on Monday. For the result of this game go to metronews.ca. THE CANADIAN PRESS/DARRYL DYCK

West Coast Express rejoins for encore

NHL

Big line of late '90s honoured Monday at Rogers Arena

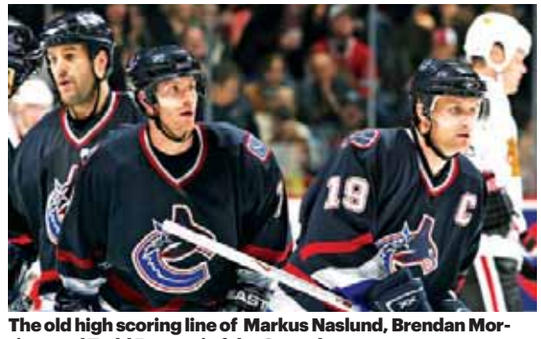
Cam Tucker
Metro | Vancouver

The famous West Coast Express line of Todd Bertuzzi, Brendan Morrison and Markus Naslund has long since been permanently parked in hockey's train yard.

It was more than a decade ago that trio weaved magic on the ice. They could score goals — often times beautiful works of hockey artistry — at will.

That they were the stars foremost responsible for wooing fans back in droves to the point where the Canucks vaulted to the No. 1 ticket in town following the doldrums of the late-1990s, is an easy argument to make. The only thing missing from their haeyday was a Stanley Cup.

In fact, those electrifying regular season Canucks teams never got closer to the ultimate prize than a second-round Game 7. During the 2002-2003 season, Naslund scored 48 goals and 104 points, Bertuzzi scored 46 goals and 97 points, and Morrison had 25 goals and 71 points, but for the Canucks, those playoffs ended with a loss to Minnesota in the conference semifinals.



The old high scoring line of Markus Naslund, Brendan Morrisonand Todd Bertuzzi of the Canucks. JEFF VINNICK/GETTY IMAGES

Bertuzzi's infamous suspension in the spring of 2004 and Vancouver's first-round ouster several weeks later, a lockout the following winter, and the Canucks missing the playoffs completely in 2005-06 all signified the downward trend of one of hockey's most exhilarating lines.

It was officially disbanded at the 2006 NHL Draft, when Bertuzzi was traded to Florida for Roberto Luongo.

"Not going further than we did, or putting ourselves in a situation where we could've won, is something that is tougher now when you look back and you try to summarize everything," said Naslund. The band was back together, at least for one night, Monday as Bertuzzi, Morrison and Naslund were honoured during Monday's game between the Canucks and Buffalo Sabres.

Perhaps what's most impressive about their success was that it came in the waning years of the Dead Puck Era, when defensive strategies, such as the neutral zone trap, and feverish obstruction were dragging down scoring and, in the grand perspective, the on-ice product.

BOESER

Canucks' 2015 first-round pick Brock Boeser was named to the U.S. national junior team selection camp for the upcoming World Junior Championships.

Boeser has 11 goals and 19 points in 18 games so far in his freshman year at North Dakota. He has 12 points in his last eight games. CAM TUCKER/METRO

NBA

Nike just does it with lifetime LeBron deal

LeBron James has a contract with Nike that will last long after he hangs up his sneakers.

The NBA megastar has signed a lifetime endorsement deal with the athletic apparel giant, a deal which extends a partnership James began with Nike before he graduated from high school.

"I'm very humble, man," James said Monday after practice with the Cleveland Cavaliers. "It's been an unbelievable time for myself and my family, and I'm just grateful that Nike and Phil Knight, and everyone over there just believed in a skinny 18-year-old kid from Akron, Ohio, and I'm happy to be a part of such a great company."

Financial terms of James' deal were not disclosed. James signed a seven-year, $90-million contract with Nike shortly before he entered the draft in 2003, skipping college to be a pro.

James has had his own line of Nike shoes for years, and his new agreement could expand into his own brand.

"We can confirm that we have agreed to a lifetime relationship with LeBron that provides significant value to our business, brand and shareholders," Nike said in a statement emailed to the AP. "We have already built a strong LeBron business over the past 12 years, and we see the potential for this to continue to grow throughout his playing career and beyond."

LeBron James GETTY IMAGES

James turns 31 on Dec. 30, but the four-time league MVP shows little signs of slowing down and could play well into this 30s. THE ASSOCIATED PRESS

Raps spoil Kobe's Toronto farewell

Kobe Bryant scored 21 points on Monday. TORSTAR NEWS SERVICE

Kyle Lowry poured in 27 points as the Toronto Raptors snapped a two-game skid with a 102-93 win over the Los Angeles Lakers on Monday night.

Terrence Ross, starting in place of the injured DeMarre Carroll, added a season-high 22 points for the Raptors (13-9).

Kobe Bryant, who will retire at the end of the season, had 21 points and eight rebounds for the Lakers (3-18). It was Bryant's final regular-season game in Toronto. THE CANADIAN PRESS

NFL IN BRIEF

Rams' Bailey improving but may not play in NFL again

St. Louis Rams coach Jeff Fisher says wide receiver Stedman Bailey was improving from two gunshot wounds to the head, but wasn't sure if the 2013 third-round pick would be able to return to the NFL.

Fisher said Monday that the injuries are career-threatening. But the coach wasn't ruling out a return based on Bailey's progress thus far from the shooting in Florida, near his home, on Nov. 24. THE ASSOCIATED PRESS

Seahawks part ways with cornerback Williams

The Seattle Seahawks on Monday released cornerback Cary Williams, who started the first 10 games of the season before getting benched.

Williams, who signed a 3-year $18 million deal in the off-season, was benched midway through the Seahawks' victory over San Francisco in Week 11, then was a healthy scratch the past two weeks. Seattle has started DeShawn Shead at cornerback with Williams on the sideline. THE ASSOCIATED PRESS

Going from first to worst

CFL

Jones takes head coach/GM position with Roughriders

Chris Jones comes from the southern United States, where football is akin to religion. He sees the same dedication to the sport in his new CFL home.

Jones was introduced Monday as the new head coach, general manager and vice-president of football operations of the Saskatchewan Roughriders, ending weeks of speculation about the Grey Cup-winning coach's future.

Jones, who led the Edmonton Eskimos to a CFL championship this season, says he's looking forward to working in Saskatchewan, which boasts a fervent fan base.

"I'm from a little, small place down in Tennessee, town called South Pittsburg ... and to have this opportunity, I woke up this morning with a smile on my face," Jones said at a news conference at Mosaic Stadium in Regina.

"Football matters a whole lot down south, and it matters a whole lot here, and that hinged a lot on my decision."

Jones will have his work cut out for him, inheriting a Roughriders team that struggled mightily last season en route to a league-worst 3-15 record.

Saskatchewan spent half of last season with interim tags on both its head coach and GM after the organization fired coach Corey Chamblin and GM Brendan Taman in September.

Jones wouldn't speculate on his vision for the Riders' future.

"I'm not going to sit here and make any bold predictions or anything like that," he said. "I can tell you that we're going to put a really high-quality, high-character staff together that enjoys being around each other. We're going to bring in good people first, that happen to be good football players and we're just going to go to work."

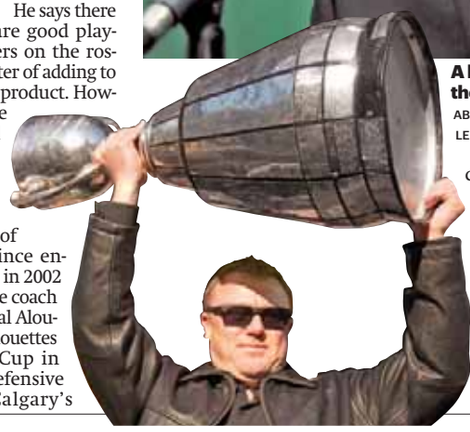
> **This is an opportunity for him to grow professionally and I wish him well in his future endeavours.**
> Eskimos GM Ed Hervey

He says there are good players on the roster and it's a matter of adding to an already good product. However, he adds the salary cap "will dictate who can stay and who has to go."

Jones has had success at each of his CFL stops since entering the league in 2002 as a defensive line coach with the Montreal Alouettes. After the Alouettes won the Grey Cup in 2002, he was defensive co-ordinator Calgary's championship-winning team in 2008, and defensive co-ordinator, assistant head coach and assistant GM of Toronto's Grey Cup team in 2012.

He has already demonstrated his ability to turn around a troubled team. The Eskimos had just posted a 4-14 record when Jones took over after the 2013 season. Two years later, they defeated the Ottawa Redblacks 26-20 to win their first Grey Cup title in a decade.

Jones says he debated staying in Edmonton, but the decision ultimately came down to the chance to do his own thing in Saskatchewan. "When an opportunity like this presents itself, you have to jump at it," he said. THE CANADIAN PRESS



A little more than a week after winning the Grey Cup with the Eskimos, Chris Jones is on the move to Riderville.
ABOVE: MICHAEL BELL/THE CANADIAN PRESS; LEFT: JASON FRANSON/THE CANADIAN PRESS

BLUE BOMBERS

LaPolice returns to head offence

Paul LaPolice is heading back to Winnipeg.

The former Blue Bombers head coach has been hired by the team as its new offensive co-ordinator.

The Blue Bombers tweeted a 19-second video Monday night depicting LaPolice and head coach Mike O'Shea signing a contract and shaking hands.

"Fire it up," LaPolice says in the video after being introduced as the new offensive co-ordinator by O'Shea.

Paul LaPolice THE CANADIAN PRESS FILE

The 45-year-old LaPolice served as Winnipeg's head coach from 2010 to 2012. He compiled a 16-28 record during that time.

He will replace Marcel Bellefeuille, whose contract was not renewed by the Bombers following the 2015 season.

LaPolice first broke into the CFL as a receivers coach with the Toronto Argonauts in 2000 before joining the Bombers as an offensive co-ordinator and quarterbacks, receivers and running backs coach two years later. He also worked as a receivers coach with the Hamilton Tiger-Cats and Saskatchewan Roughriders. THE CANADIAN PRESS

Service Directory

To advertise call 604.602.1002

EMPLOYMENT

iMARKETING
FRENCH BI-LINGUAL CALLERS NEEDED
NOW HIRING
EXPERIENCED SALES STAFF
- Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses.
- Flexi schedule for top performers
- Paid every Friday
- Attached to SkyTrain Station
- Advancement opportunities
- Full time and Part time available
- Seniors and Students welcome

FLUENT ENGLISH IS A MUST!
Contact Chris Rhodes at 1-800-210-8579 ext 383
Tuesday – Friday between 10am – 1pm,
Any other time just leave a message and Chris will return your call.
Email: chris.rhodes@imkgp.com

skilled immigrant infocentre
Vancouver Public Library Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3603
Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
WelcomeBC

HEALTH AND WELLNESS

Indian Astrologer & Psychic Pandit: YOGI
FAMOUS INDIAN ASTROLOGER FOR QUICK RESULT
Tells Past, Present & Future.
He can handle any problem:
Depression, Family, Husband-Wife,
Love, Kids, Jealousy,
Money, Court, Enemy etc
REMOVES BLACK MAGIC, JADOO, EVIL SPIRITS & PROVIDES 100% PROTECTION
NOBODY CAN BREAK MY PROTECTION, ITS MY CHALLENGE
120 Scott Road, Surrey, BC Call: 778-707-3599

FINANCIAL

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT
(639-2733)
Brokers Lamina

metro
Your Ad Here!
CALL 604.602.1002
FOR MORE INFORMATION

RECIPE Chickpea and Cauliflower Curry

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Before you even have a chance to tuck into this quick and easy curry, you're going to be won over by its glorious aroma.

Ready in
Prep time: 40 minutes
Serves 6

Ingredients
- 2 Tbsp coconut oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 1/2 inch ginger, minced
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 x 28-ounce can of diced tomatoes
- 1 x 15-ounce can of chickpeas, drained and rinsed
- 1 x 15-ounce can of coconut milk
- 1 medium head of cauliflower, cut into florets
- 2 tsp garam masala
- Salt and pepper to taste
- Handful of fresh chopped cilantro, plus more for garnish

Directions

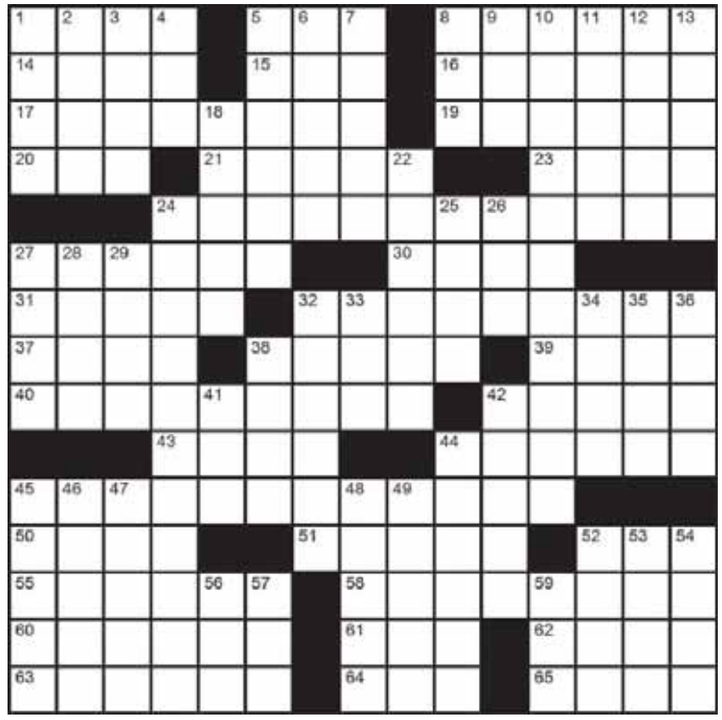
1. In a large Dutch oven, heat the coconut oil over medium heat. Add onion, garlic and ginger and sauté for about 8 to 10 minutes. Stir in the coriander, cumin, cinnamon and turmeric and cook for about 1 minute.

2. Add the tomatoes, chickpeas, coconut milk and cauliflower. Bring mixture to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes. Stir in the garam masala and cook uncovered for 5 to 10 minutes, until it thickens slightly. Season with salt and pepper and stir in fresh cilantro. Serve over brown rice and garnish with a bit more cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Calgary __. Airport
5. Possesses
8. Maureen __ (Residences: Homes of Canada's Leaders author)
14. Lawn mower brand
15. Toronto, __.
16. Body of work
17. Canada Dry product: 2 wds.
19. Settle
20. Till
21. Marketing ploy, e.g.
23. Evil group on 1960s spy sitcom "Get Smart"
24. Beatles tune Alanis Morissette sang for a John Lennon tribute special in 2001: 2 wds.
27. Secure
30. Lab gel
31. Wins
32. Individual item
37. "It's either her __ __." (Ultimatum to the unfaithful)
38. Plods wearily along
39. Olivia of "The Wonder Years"
40. Diet advertisement's tape measure locale
42. Sorrow [var. sp.]
43. Multi-revolution figure skating jump, e.g.
44. Mr. Bigalow's
45. Specialist in makeup and skincare: 2 wds.
50. Earthenware pot
51. Gateway to swipe a subway pass
52. She's opposite
55. Ms. Hepburn
58. Nunavik village in northern Quebec meaning 'The Giant'
60. Stow cargo in a ship's hold
61. Affirmative gesture
62. Taj Mahal's site
63. More nervous
64. Edmonton cheer starter, "Gimme __ '_'!"
65. React as warm ice

DOWN
1. "The Seven Year __" (1955)
2. Court plea, __ contendere
3. 1983 Spandau Ballet hit
4. High-arc tennis shot
5. "Whoopee!"
6. Both/either conjunction combo
7. Mailing mark
8. "The __ Squad"
9. Bee's follower
10. Exhausted: 2 wds.
11. Mineral water brand
12. George Clooney's medical TV job: acr. + abbr.
13. Actress/singer, Della __
18. Eyewear, colloquially
22. Freezie flavour
24. Topped-with-oats desserts: 2 wds.
25. Aussie footwear faves
26. NBA's Mavericks, on scoreboards
27. Madonna's "Take _ __"
28. Prefix meaning 'Trillion'
29. James Brown and The Rolling Stones are performers in this 1964 concert film, "_._._. Show"
32. Microscope specimen holders
33. Particle
34. Toiletry item
35. Classic instrument
36. Neithers partners
38. Do in, Medieval-style
41. "Tsk!"
42. Eric Clapton band, __ and the Dominos
44. Dupe
45. Brag
46. Rinse, as with a solvent
47. Middle name of astronaut Neil Armstrong
48. Ms. Aguilera, to fans
49. Fasten the nametag: 2 wds.
52. Massive
53. Dixie Chicks hit: "Goodbye __"
54. Card game
56. Character in Haydn's oratorio The Creation
57. Your, fun-style
59. Toast spread

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may do something today that others will not approve of but you won't change course because of it. If anything you will enjoy being singled out for so much attention. Besides, all publicity is good publicity.

Taurus April 21 - May 21
Your daily routine will be interrupted today and you won't be too happy about it. That said, does your life really need to be so regimented? Maybe you should try to relax a bit.

Gemini May 22 - June 21
Why is it that everyone but you seems to have got it wrong? Why is that no one can see what you can see? Whatever the reason, carry on with your own way of doing things.

Cancer June 22 - July 23
Don't try to reason with certain people because whatever you say they will disagree with. It may annoy you that they are so stubborn but you are like that too sometimes.

Leo July 24 - Aug. 23
To some people the current outlook may seem a bit glum but you can see the bright side in even the darkest situation, so make it your aim to remind them that life can still be fun. But if they remain unconvinced don't let them bring you down too.

Virgo Aug. 24 - Sept. 23
Don't let someone's selfishness or stupidity get to you today. Stay calm and refuse to let your lower nature take control.

Libra Sept. 24 - Oct. 23
If you don't feel like working then don't force yourself. There is no point starting anything too detailed. If possible, keep your powder dry until the new moon comes round on Friday. Then your enthusiasm will return.

Scorpio Oct. 24 - Nov. 22
If you're wondering what might have been that is a sure sign you need to make changes. Give it a few days and it may surprise you how easy it is to transform your life.

Sagittarius Nov. 23 - Dec. 21
There are times when it is smart to keep your thoughts to yourself and this is one of them. Even if a family member pesters you for an opinion today you must bite your tongue.

Capricorn Dec. 22 - Jan. 20
Employers are demanding and what annoys you most is that they change their minds every two minutes. Getting angry will make matters worse.

Aquarius Jan. 21 - Feb. 19
You will do something so strange today that even those who know you well may wonder if you are losing your mind. Maybe you are but either way it's good to keep them on their toes. Don't ever be taken for granted.

Pisces Feb. 20 - March 20
If you rely heavily on emotions then you may stray from the truth. The more you see conspiracies round every corner the more you can be sure that your imagination is playing tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4	7	2					
			3	7	6	2	4	
		6				5		
		3					1	
		2				3	7	5
	5	8	1		2	4		6
1	6		7		3			8
8			4			7	5	
	7	5						

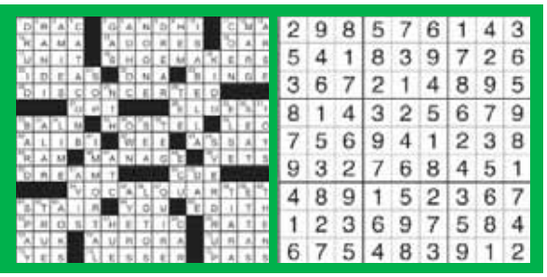
©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

for more fun and games go to metronews.ca/games



2	9	8	5	7	6	1	4	3
5	4	1	8	3	9	7	2	6
3	6	7	2	1	4	8	9	5
8	1	4	3	2	5	6	7	9
7	5	6	9	4	1	2	3	8
9	3	2	7	6	8	4	5	1
4	8	9	1	5	2	3	6	7
1	2	3	6	9	7	5	8	4
6	7	5	4	8	3	9	1	2

TODAY ONLY!

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE.*

Tuesday, December 8

Save $430

$139.99

Regular $570 each set

TRAVELPRO SkyPro 2-piece soft-side or ProTech 2-piece hard-side luggage sets

SkyPro soft-side collection and ProTech hard-side collection available in red, blue, silver and black. All colours plus purple available at thebay.com Reg. $570

TRAVELPRO SkyPro soft-side collection

TRAVELPRO ProTechh ard-side collection

Plus, up to 70% off other luggage collections and sets**

HUDSON'S BAY

Give a Hudson's Bay gift card

Available in any denomination and a choice of themes.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection and Kleinfeld. See in store for details.

***FREE ONLINE SHIPPING:** Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

****Luggage:** Off our regular prices; Excludes clearance, Victorinox, Bric's, Herschel Supply Co., Samsonite Black Label, TUMI and items with 99¢ price endings.